



Toilet Talk



“The patient should be made to understand that he or she must take charge of his own life. Don’t take your body to the doctor as if he were a repair shop.”

-Quentin Regestein

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HARD TIME READING THIS?

Do you want to keep your vision clear as the years go by? You have probably heard that eating carrots is important to your eye health. However, a new study performed by researchers from Australia found that fish, olive oil and nuts reduce the risk of age-related macular degeneration (AMD). This study also found that people who ate the most trans fat in the study had the highest risk for AMD. Eating healthy fats, such as those found in fish, olive oil and nuts contain omega-3 fatty acids which may protect your vision. The insight from this research could be particularly beneficial considering AMD is the leading cause of blindness among people over the age of 65 in the developed world.

-CNN

Walking For Wellness

Walking is one of the easiest ways to get the exercise you need to stay healthy. You don’t need any special equipment, just a pair of comfortable shoes. There are no new techniques to learn, since you already know how to walk. Walking is a very low impact activity that doesn’t put much stress on your joints. Over time, you will gradually increase the intensity of your walking workout for longer periods of time, increasing the speed as well as the incline.

Before you start any exercise program, talk to your doctor to make sure it’s okay for you to begin a walking program. Start with a short-term goal, like walking for 5 or 10 minutes every day. As you’ve made walking a habit, set longer-term goals. You want to set a goal of walking briskly for at least 30 minutes a day or work up to 10,000 steps a day. You can do this 5 days a week or more. Walking is beneficial to your health, it helps to prevent type 2 diabetes, strengthens your heart, is good for your bones, helps to alleviate the symptoms of depression, reduces the risk of breast and colon cancer and improves your overall fitness.

-Wellness Weekly

If you like charred meat, your pancreas suffers?

Meat cooked at high temperatures to the point of burning and charring may increase the risk of pancreatic cancer. These statements were the conclusion of a study done by the American Association of Cancer Research. Meats that are prepared by grilling, frying or barbequing can form carcinogens, which are not formed when the meat is baked or stewed. The findings of this study are quite staggering: people who prefer to eat their meat well done or charred are 60% more likely to have pancreatic cancer than those who do not. The researchers noted that they cannot say with absolute certainty that the risk of pancreatic cancer is increased due to carcinogens formed on burned meat. However, those who enjoy fried or barbequed meat should consider turning down the heat or cutting off the burn portion when it is finished cooking. Meat should be cooked sufficiently to kill off bacteria, but should not be cooked at such a high temperature that the outside is charred. The precursors of cancer causing compounds can be reduced by microwaving the meat for a few minutes and pouring off the juices before cooking it on the grill. So enjoy your summer barbeque, just make sure your meat still resembles meat, not the charcoal.

-Science Daily

Ever Wondered Why You Have Bad Dreams???

For centuries people have been trying to figure out why humans have bizarre and sometimes bad dreams. A new article in the Current Directions of Psychological Science by Drs. Ross Levin and Tore Nielsen suggest that your average, run-of-the-mill bad dreams are part of your brain’s method of processing emotions. In fact, they state, that emotional regulation may be the primary function of REM sleep, which is the sleep stage where most dreams occur.

So while a “bad” dream is considered to be the default dream, nightmares, which occur when a person becomes so frightened that they actually wake up, arise when something in the emotional regulation goes wrong. Dr. Levin went on to say that “we seem to be hardwired to attend to negative emotions, which in the context of evolution, is not surprising, since vigilance offers a survival advantage.”

Bad dreams are also a way to diffuse memories of fear, so we do not become overwhelmed. Bits of our memory get thrown together and jumbled around, which puts them into a new context and diffuses the fear attached to them.

—Fox News